

FIVE MINUTES. ONE CLEAR PLAN.

The Phone-Free Study Checklist

A practical setup for distraction-free study sessions.



Decide before the urge arrives

You do not need more willpower. You need to make the decisions before your study session begins. Use this checklist to remove distractions, define your task, and stop one quick phone check from taking over the next 40 minutes.

The two-minute reset

Need to study right now? Complete these five steps and begin.

- ☐ Turn on Do Not Disturb or a study Focus mode.
- ☐ Close the apps you tend to open automatically.
- ☐ Put your phone somewhere you cannot reach from your chair.
- ☐ Choose one specific task and define what finished means.
- ☐ Set a finishing time, then start before negotiating with yourself.

SHORT ON TIME?

Complete the reset and start. Return to the full worksheet before your next session.

Set up the session before it starts

Print this page or complete it on your device before each study block.

1 Define the session

TODAY I AM STUDYING _____

MY SPECIFIC TASK _____

FINISHED MEANS _____

SESSION

Start

ENDS

Time

BREAK

Minutes

2 Remove distractions

- ☐ Do Not Disturb or Study Focus is on.
 ☐ My phone is out of immediate reach.
- ☐ Nonessential notifications are silenced.
 ☐ Required logins and 2FA are complete.
- ☐ Distracting apps are closed or blocked.
 ☐ My playlist and study tools are ready.

3 Prepare the workspace

- ☐ Books, notes, and practice questions are open.
 ☐ I know exactly what I will complete.
- ☐ Water and anything else I need are nearby.
 ☐ I have started before negotiating with myself.

MY SESSION COMMITMENT

For the next _____ minutes, I will complete _____

My phone will remain _____ until the session ends.

Choose the right amount of friction

Start with the lightest intervention that works. Move up when you keep bypassing it.

What normally pulls you away?

- | | |
|--|--|
| ☐ Notifications interrupt me. | ☐ My short breaks keep expanding. |
| ☐ I open apps without thinking. | ☐ I press Ignore Limit or change settings. |
| ☐ I reach for my phone when I see it. | ☐ I disable blockers when temptation appears. |

The phone-distraction friction ladder

- 01 Reduce cues**
 Silence alerts and remove notification badges.
- 02 Create distance**
 Put the phone in another room, bag, or drawer.
- 03 Define boundaries**
 Choose a task, session length, and break.
- 04 Restrict access**
 Use Screen Time or a stricter app blocker.
- 05 Require proof**
 Complete something useful before access returns.

WHEN ORDINARY LIMITS ARE TOO EASY TO OVERRIDE

StudyIn adds another level of friction: study first, then answer questions from your exam syllabus to earn access to your chosen apps.

Use only as much friction as you need. More effective beats more restrictive.

Plan for the moment your focus slips

The urge to check is predictable. Decide what you will do before it arrives.

My interruption plan

THE APP I CHECK MOST _____

MY USUAL TRIGGER _____

WHEN THE URGE HITS _____

IF I NEED MY PHONE _____



Use the 60-second reset

Write down what you wanted to check. Finish the question, paragraph, or step in front of you. When 60 seconds have passed, decide again.

Controlled-break checklist

- ☐ Decide the break length before opening an app.
- ☐ Set the next study session to begin automatically.
- ☐ Stand up and leave the study area.
- ☐ Avoid infinite feeds during very short breaks.
- ☐ Return when the break ends, even if the content does not.

MY BREAK RULE

During a _____ minute break, I will _____

Repeat the setup for seven days

Track the behavior, not just the hours. Your goal is fewer unplanned checks and easier restarts.

DAY	STUDY TASK	MINUTES	DONE	UNPLANNED CHECKS
1			☐	
2			☐	
3			☐	
4			☐	
5			☐	
6			☐	
7			☐	

End-of-week reflection

WHAT HELPED MOST _____

MY MAIN DISTRACTION _____

NEXT WEEK I WILL _____

MAKE YOUR SCREEN TIME SOMETHING YOU EARN

Study. Prove it. Unlock your apps.

StudyIn blocks your chosen apps while you study. Answer questions from your exam syllabus to unlock a defined, guilt-free break.

TRY STUDYIN FREE FOR 7 DAYS

Available on iPhone

